

Mountain Biking & Trail Conservation Camp



**Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information. Call 410-313-7275 or click on the blue course and section numbers below to register online for this camp or check for any openings.*

Camp Description:

13-15 yrs / 1 week starting July 20 / \$170

Learn the sport of mountain biking in a safe and enjoyable environment. Components of this camp include trail rides in Rockburn Branch Park (including the Rockburn Skills Park) and Patapsco Valley State Park, basic bike maintenance, safety considerations, trail etiquette and bike handling skills. Participants will receive three volunteer service hours while participating in an assigned trail project during camp. A sturdy mountain bike (with gears) and a bicycle helmet are required! Bring a non-perishable lunch and beverage each day (no nut products). Schedule is subject to change; camp will be held rain or shine. Fee includes supervision, equipment and activities. For more information, contact Matt Medicus at 410-313-4719.

Rockburn Branch Park West - Pavilion

RP9718.401 8 AM –1 PM M-F

Click the RP number above for online registration!

Camp Prerequisites:

- Bring a sturdy mountain bike with gears and a bicycle helmet.
- Must be able to bike at least 10 miles on off-road terrain.

What to Bring:

The recommended attire for the camp is a T-shirt, quick drying shorts, socks and sturdy lace-up shoes. Bike shorts are highly recommended. Please be aware that these clothes will often become muddy and dirty by the end of the camp day. Eat a quality breakfast each morning and bring a non-perishable lunch and plenty of water in a reusable bottle each day. **Please do not bring any food that contains peanut or nut products (other children may be allergic).** In an effort to encourage environmental conservation, we ask that campers take their trash home. **No cell phones or electronics allowed in camp due to the nature of the activities.** The Camp Director will have a camp cell phone available for all emergencies. Bring boots, a brimmed hat, pants and a reusable water bottle for the Trail Maintenance portion of the camp. In addition, please bring the following items in a daypack or small duffle bag. If your child is sensitive to poison ivy, please wear long pants during activity:

- | | |
|-----------------|--------------------------------|
| • Mountain bike | • Patch kit & pump |
| • Bike helmet | • Insect repellent |
| • Spare tire | • Sunscreen |
| • Spare tube | • Change of clothes (optional) |

Please send your child with an appropriate mountain bike. Road bikes, BMX/freestyle and hybrid bikes will not hold up on rough terrain. (A hybrid bike may work for lightweight riders, but expect to have maintenance problems.) Please be sure your bike is in proper working order before coming to camp, and that your child is familiar with its operation – we highly recommend your child take a few rides before the week of camp to ensure they are comfortable with the bicycle. If necessary, there are several local shops that can tune up your bike. If your child does not have a mountain bike, you can

contact the local bike shops in Howard County for information on renting a bike. We reserve the right to refuse participation of any camper that does not have an appropriate bicycle.



Tech support on the first day powered by Race Pace Bicycles,
www.racepacebicycles.com

Important Forms:

- **[Participant Information Form](#)** ←click to access form online
You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- **[Medication Authorization Order Form](#)** ←click to access form online
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Rockburn Branch Park West: 6105 Rockburn Branch Park Road, Elkridge, MD 21075

From Rte. 29, take Rte. 100 east to Md. 103 exit. Go around the circle and cross over Rte. 100; proceed through next circle. At the first signal light, make a right on Montgomery Road. Proceed to signal light and make a left to remain on Montgomery Road. Travel about a mile; make a left onto Rockburn Branch Park Road and proceed to park. Continue on the Park Road and make a left just before the ball fields. The Pavilion is at the end of this road.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule:

Please note: This schedule is subject to change!

Monday: Orientation / Group Initiatives / Basic bike handling skills
Tuesday: Trail etiquette / "survival bike maintenance"
Wednesday: Trail maintenance and conservation / history of mountain biking
Thursday: Trail service project / mountain bike cornering & downhill technique
Friday: Week in review / Trail Time Trial / Camp Awards

For More Information:

Dawn Thomas

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Matt Medicus

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